CONCERNING HEALTH and BEAUTY By Mrs. Henry Symes



to produce fiesh there are some exercises which will reduce the waist-that zone where flesh seems to delight to settle, much to the fair one's chagrin and discomfort.

Waists are now longer than in the last season, and although many women will rely upon corsets to produce the approved lines, I advise a saner and more lasting method.

At morning after rising, or at evening before retiring, there are some gymnastics of the body which will effectually reduce superfluous flesh, and I can promise quick results if conscientiously persisted in by you.

Place the hands on the sides of the body under the arms and smooth the firsh downward in firm, strong strokes, going over the hip line. If the hips are large, move the fingers from front to back, pushing the flesh

Now, the next exercise comes from Japan. It is the pinching and nipping massage of that country, and if persistently given is wonderful. With both hands pinch the flesh at the waist line, between thumb and fingers. The vigorous treatment will first soften the flesh, and gradually it will

With the hands at the back, thumbs touching and fingers front, bend the body forward. Repeat slowly, keeping the eyes front, which means a raised head. Do not neglect this movement, which seems to produce a disposition of

This exercise is balanced by a backward movement of the upper body. Take this slowly and do not bend too far at first. The muscles must be exercised and not strained. You will find that each time is less difficult. This reduces the

an unattractive thickness. As a last movement, raise and lower each knee. Draw up the right and then the left, The balance can be kept more perfectly if the hands are used to hold the hips. Repeat this until a general flexibility of the muscles is felt. The line at the side is lengthened by this "prancing" motion, and muscles become

Pinching and Nipping the Flesh

harder, while fat disappears.
To women whi are willing to devote fifteen minutes each day to these exercises there will be great benefit. There will be a decided improvement in the figure, due to a harmless and easily followed out series of movements.

girl's name is always spoken first. The simplest method is always the best. "Miss Brown, let me present Mr. Jones." is a form which would be correct on

almost any occasion.

3. If the girl is sufficiently strong to receive the boys in her sitting room it would be perfectly proper to have them call. It is very sweet and kind of the boys to send fruit and flowers, and there is no objection to their thoughtfulness.

A Woman Gives First Sign of Recognition

Dear Mrs. Adams.

I am a telephone operator in a small town, and am gaily engaged in conversation with many gentlemen. Some of them, when I meet them on the street, speak to me. I think it is not right to speak to them before being properly introduced, but fear if I do not they will think me too haughty, and make it unpleasant for me. What is the correct thing for me to do?

PERPLEXITY.

First of all, let me say that it is a woman's privilege to bow first when meating men acquaintances. You have no right to recognize the men to whom you have never been introduced, and it is presumption on their part to ex-pect that you will.

Gloves at a Dance

Dear Mrs. Adams.

Is it proper for a young lady to remove her long gloves at a dance? X. Z. At a very formal dance the gloves are kept on, but quite frequently at an informal dance they are removed. This

WING to the great amount of mail received and the limited

space given this department, it is absolutely impossible to an-

swer letters in the Sunday issue fol-

lowing their receipt. The letters

must be answered in turn, and this

ofttimes requires three or four weeks.

immediate answer must inclose a selfaddressed stamped envelope for a re-ply. This rule must also be complied

with in regard to personal letters.

Weight Too Heavy

Enlarged Pores

Dear Mrs. Symes.

The writer has a number of enlarged pores in his nose, and would like you to recommend any treatment or specialist who could help him.

I cannot recommend, through the

Lotion for Enlarged Pores.

Hollow Cheeks

ANXIOUS.

If you wish to add flesh to your body, why don't you take a table-spoonful of clive oil before each meal? Get out in the fresh air as much as possible and take plenty of exercise. Massage your cheeks with the oil or cocoa butter every evening. Both are excellent flesh builders.

Another Request for Celandine

Leaves

Dear Mrs. Symes.

Will you kindly state through your columns just how to use the celandine leaves to remove superfluous hair?

M. P.

You will find the answer to your query in the reply given to "Mrs. A. S."

Celandine Leaves

All correspondents who desire in

latter, however, is not done if the num-ber of women who do this is very small. You can best decide for yourself by ac-cepting the general action as an index of what to do.

Entirely Too Young Dear Mrs. Adams. Is it proper for me to walk to and from church with a boy of 187 I am past 15 years of age, and am five feet tall. Should I wear my dreases to my shoetops? You are entirely too young to allow a boy to escort you to and from church.

Your dresses need not reach your shoetops; if they are one inch or so above them there can be no criticism.

Taking a Boy's Arm

Dear Mrs. Adams.

1. Is it permissible for a girl to take a boy's arm on the streat?

2. How many times a week is it proper for a boy to call on a girl? Is four times too often? I in it proper to stand on a street corner and lalk to a boy?

4. How late is it proper that a boy caller should stay? If he stays very late, how can you let him know that it is time for him to leave?

1. Not unless she is in very great need of his assistances. need of his assistance.

2. He should not call so often that he is made conspicuous by his visits. Four times a week seems rather often, as it does not give a girl much opportunity for other engagements.

3. It is most improper to stand on

the corner and talk with a boy. It would be better for him to walk along with you if he has anything important to say to you.

4. He should leave at 10.30 or 11 o'clock at the very latest. If he stays later and cannot see by your uncasiness that you are anxious for him to depart, it will be necessary for you to tell him that you are enjoying his call, but your father insists upon closing the house at 11 o'clock, and ask him to call again acon.

Gloves On or Off?

Dear Mrs. Adams.

1. Our minister shakes hands as we pass out the door from church. Is it more proper to shake hands with gioves on or not?

2. When he says, "Good-evening Anne. How do yes feel this evening?" what would be the best answer for a girl of 16 to make?

3. I am sive feet four inches tall, but look very young for my age, which is 16 years. How long should I wear my skirts? pears. How long should I wear my skirts?

4. Am I too old to wear my hair in one braid, rolled up and tied with ribbon at the back of my neck?

IGNORANT

1. As a woman usually keeps her gloves on in church, it is permissible to extend a gloved hand to the minister.

2. "Quite well, thank you," is all you need to say. If there isn't time for these few words, a pleasant smile and a slight bow will be sufficient.

2. Your dresses should extend to within one inch of your shoetops.

4. Not at alk

ADVICE ON SOCIAL **CUSTOMS**

Mrs Chester Adams most contrally invites for frends to bring to hor their Social Problems and Perplexities by letterat any time

WHEN LEAVING CARDS.

ODAY card etiquette is so simplified and systematized that any woman can follow it without danger of serious blunders. When once the fundamental principles of this are mustered, the occasional changes may be made by those who wish to keep in touch with these things. A card is never taken into a drawing

room and presented to the hostess. It is left by the caller on a tray in the hall as she passes. If your call be made on the first "day at home" of the season, you will place in the tray one card of your own and, if married, two of your husband's. After that, during the season, you need not leave any cards if calls are made on at-home days. If any special entertainment be given by your hostess to which your husband is invited, two of his cards must be left when making the return call. This rule obtains if the hostess be a married woman.

If a woman is hostess at a formal affair and is assisted by her unmarried daughters, there are no cards leftfor them, even though they have made their bow to society. If an unmarried woman is the hostess, then cards are as carefully left as if she were a

are as carefully left as if she were a matron.

If you are unmarried and are using a separate calling card, it is sufficient to gut a card into the tray for your host-ess and one for the friend that is receiving with her. This is done when the call is the first of the season, or when you are acknowledging any hospitality by calling afterward. After this, a young woman need not leave cards at the "days at home" of her friends.

Remember that no woman leaves her card for any men in a household. If a visitor in a home be called upon, always recognize the hostess, even if she be unknown to you, and leave two cards, one for her and one for your friend.

Now, suppose that you are visiting

friends and accompany them on a little round of paying calls. If you are not contemplating a visit of any length and do not know the persons upon whom the call is made, your card is not left if they are not at home. If you intend to stay two weeks or more, and if the persons called upon present themselves, one card should be left in the hall.

If a special arrangement has been made to call and thus introduce the stranger, then cards are left as at any other first call,

When a formal morning call is made by a woman upon another woman for a little business of a charitable nature, only one card is sent up by the caller. If the mistress be out, this and a short explanation of the purpose of the business are given to the servant,

If you are a business woman and are paying a business call upon another woman, it is always best to inscribe upon your card a hint of the nature of your call. In no case should you send a card to a man. The servant should be given your name and a statement of business. If you prefer, you may write both upon a slip of paper.

I hope that women who have been a little worried about their visiting cards will profit by this talk. A knowledge of this very formal institution is just one mark of attention to the details of social life. Master these facts and there need be no halting and blundering at functions where cards should be left,

SOLUTIONS TO SOCIAL PROBLEMS

Invitation to Dance

DEAR Mrs. Adams.

Will you kindly tell me the proper way in which to ask a young lady to go to a dance or theater?

Being introduced to a lady at a dance, is it proper to ask her for the pext dance? If so, in what manner? IGNORANT.

You may invite the young lady to the theater or a dance by sending her a friendly note or asking her personally for the pleasure of her-company.

pany.

It is quite proper for a man, immediately on introduction to a woman, to ask her for a dance, not necessarily the next dance. "May I put my name down for a waltz. Miss Brown?" or, "I see you are not engaged for No. 5. May I have it?" These are simple

and conventional ways for a man to

An Unexpected Caller

With hands

at the back,

bend forward

Dear Mrs. Adams.

Is it proper for a girl to invite a young man to call on her, if he does not live in the same fown? Should he take his means at the girls home and stop at the hotel? If a gentleman calls upon a girl unexpectedly and her mother opens the door for him, should she ask the young man for his card so that she may tell her daughter who wishes to see her?

A could not with pro-

The young girl could not with propriety invite the young fran to callupon her. It would be perfectly proper, however, for her parents to ask him to call. If he is a friend of the family, he may be invited to a meal. The mother should not ask for the card, but should ask for his name.

A Persistent Boy

Dear Mrs. Adams.

1. What should one do with a boy who persists in asking one to dances and you have refused him because you don't like him? 2. Is it proper to wear low-necked dresses to dancing school? HESTER and LULU.
1. Continue to refuse him whenever he extends an invitation and he will soon grow weary in his attempts.

2. Yes,

What to Say

What to Say

Dear Mrs. Adams.

What should a young man say when he is introduced to a girl? What should she say?

A young lady, unless she is playing the part of hostess, never expresses in words any pleasure when a gentleman is presented to her; but a man on being presented to a lady should make some pleasant remark; as, "I am very happy to meet you, Miss White"; or, "It is a great pleasure to know you, Miss White."

Accepting a Challenge
Dear Mrs. Adama.
Do you think a young tady has cause to get angry with a gentleman because he kissed her after being dared? Before he did it she told him not to Should he apologize?

The votting lade had controlled. apologize? ANXIOUS.
The young lady had cause for becoming angry, and should demand an apology for such boldness on the part of

To Win-Her Affection

Dear Mrs. Adams.
I am in love with a girl, but I do not think she cares for me. What shall I do to win her affection?
Be attentive to her, but do not impose upon her good nature and do not be anxious to claim too much of her time. Show her that you are interested in whatever she is doing and are will-

ing to give assistance whenever it is

Attired in a Kimono Dear Mrs. Adams.

1. Is it proper to receive a young man when I am attired in a kimono? I have a very sweet one that was given me on my birthday by this young man.

2. Is it proper to wear a low-neck gown to church at night?

CHRYSANTHEMUM.

1. To wear a kimono when entertaining your friend would be most improper. proper.

2. Low-neck gowns should be reserved for balls, dinners and other formal evening entertainments. For church wear the dress made high at the neck is in better taste, although at some very formal weddings it is permissible.

Treating With Wine

Dear Mrs. Adams.
Shall I treat boys with wine when they come to see me? If not, what can I serve?
RROWN EYES.
Decidedly not. It is not necessary to treat your friends every time they come to see you. Occasionally you might serve dainty sandwiches or some home-made candies or cake.

Length of Dresses

Dear Mrs. Adams.

I am a girl of thirteen and am five feet four inches in height. How long should I wear my dresses?

Are two and one-half yards of four-inch ribban too much for a bow on my hair? In introducing a boy and a girl, whose name should be mentioned first?

How long should a girl f7 years old and five feet seven and one-quarter inches tall wear her dresses?

C. P. M.

Your dresses should reach about two or three inches above your shoetons.

or three inches above your shoetops. Your mother can decide the length better than I, for she can tell what effect a long or short skirt has on your appearance.
Two and one-half yards would make a very large bow, and any extreme taste is not considered well-bred. The girl's name should be mentioned

first.
One inch above the sheetops should be the proper length for your skirts. Automobiling.

Dear Mrs. Adams.

1. Is it proper for girls between the ages of 14 and 18 to accept the invitation of a boy of 17 to go out automobiling with him? Only one of the girls is acquainted with him.

Which is the content and invitation of the girls in acquainted with him. him.

2. Which is the correct way to introduce boys and girls of 15 or 16 years of age?

3. Is it proper for a girl's boy friend to visit her when she is convalencing from a long fliness, and to send her fruit or flowers?

DENINE.

Dear Mrs. Symes.
I read that celandine leaves will remove superfluous hair. Will you please tell me how to use them? Does it triliate the skin?

To make a depilatory of the celan-1. If a chaperon accompanies the three young people it will be all right to accept the invitation. The girl and box, of course, should be properly introduced.

2. When introducing boys and girls the

dine leaves, add one pint of hot water to one ounce of leaves and apply to the hairy surface in a poultice form. It will not irritate the skin.

ANSWERS TO BEAUTY QUERIES

Dandruff and Short Hair

Dear Mrs. Symes.

What am I to use for dandruff? It causes my halr to fall out very fast. I have been using vaseline without relief. My hair is very dry and breaks when I comb it.

I am is years old and my hair is five or six inches long. Is there any way I may wear it?

ABLUE-EYED ONE. wear it?
Castor oil has been known to remove dandruff, so I advise you to rub a few dandruff. So I well scale every night. The drops on your scalp every night. The oil will also prevent the bair from breaking. Brush your hair often, for the oil needs to be distributed throughout the strange. out the strands.

Dear Mrs. Symes.

I am 5 feet 4 inches tall and weigh
140 pounds. My bust measure is 38 inches,
walst measure 22 inches, hip measure 38
inches. Do you think I weigh too much?

A READER.

Your weight is about eight or ten
pounds too much for your height. If
you wish to reduce it you can easily do
so by diet and exercise. out the strands.

Probably you can braid your hair in two plaits in the back. Roll each plait up and tie with a ribbon. If you will braid your hair in numerous little plaits every night it will increase its growth.

Oily Skin

Dear Mrs. Symes.

My skin is very ofly and I would like something harmless that would improve it.

CONSTANT READER. Try this lotion on your face, and at the same time abstain from greasy foods and sweets: columns nor by personal letter, the name of any specialist. I think, however, that if you will cleanse your nose with a face brush, using the very best of soap and then applying the lotion for which I am giving the recipe, your peres will not be so large.

Lotion For Oily Skin.

· Crude Oil

Dear Mrs. Symes.

Is it all right to use crude oil on the hair to make it long and thick? How often should it be applied?

A READER.

Yes; crude oil is one of the best hair tonics you could possibly use. Apply it to the hair every two or three days. In the intervening days do not forget to massage your scalp. Dear Mrs. Symes.

Will you kindly advise me how I can make my face stout? My checks are very hollow. I am only 15, and every one takes me for 17. Will you kindly help me to make myself look my ewn age?

ANXIOUS.

To Improve the Hair

Dear Mrs. Symes.

I am a young girl of 17. My hair is very short and thin and I have considerable dandruff and an itching scalp. What would you advise me to do?

BLUE EYES AND GOLDEN HAIR.

I think if you will give your hair proper and regular treatment you will soon see great improvement in it. Massoon see great improvement in it. Mas-sage your scalp well once or twice a day, rubbing in the tonic for which I give the recipe below. Brush your hair, giving it, 100 strokes at each brushing. Occasionally dip an old hairbrush in a basin of salt water and brush your scalp. This will relieve the itching. Hair Tonic.

Resorcin 3 drame Tincture cantharides 1 ounce Oil recini 4 drame Oil rosemary 10 drops Bay rum, add sufficient to make. 8 ounces

To Cultivate the Voice

Dear Mrs. Symes.

Will the eating of ismons cultivate the voteo? If not what will?

What can be done to stop the habit of closing the eyes while laughing?

"A GOOD LOOKER."

The juice of a lemon is often taken

to clear the voice, but to cultivate the voice it is necessary for one to go through special training.

Will power is about the only thing that can be of assistance in this case. Be determined to keep the eyes open while learning. while laughing.

Turned-Up Nose

Dear Mrs. Symes.

I am a girl of 12 and am 4 feet 11 inches tail and weigh 80 pounds. Am I under the average weight, and if so, how can I increase it?

What massage weuld you advise for a turned-up neee?

What can I do to make my arms and neck white and shapely? HELENAC.

Your weight is hardly enough in comparison with your height, but you are still a very young girl and have not had chance to develop, so I advise you to get plenty of sleep, out wholesome fowd and take plenty of outdoor exercise.

The turned-up nose can be greatly improved if it is rubbed with the thumb and first finger from the bridge of the nose down to its very tip.

tip.
To improve the shape of your arms and neck, massage with cocoa butter. Deep breathing will fill out the neck. To whiten the skin, bathe with buttermilk or water to which lemon juice has been added.

Measurements

Dear Mrs. Symes.

I am 24 years of age. My bust is 2514 inches; bips. 37 inches; waist, 27 inches without my curset, I weigh liss pounds and am 5 feet 2 inches tall. Are my measurements in good proportion and do I weigh too much for my height?

DIMPLES Your measurements are very good, but your weight is too heavy for your height. Exercise and diet will help reduce your flesh if you will do both regularly and carefully.

Sage Tea

Dear Mrs. Symes.
Will you please publish the recipe for suse
Will you please publish the recipe for suse
Will you please publish the recipe for suse Following is the recipe for the sage tea. Dried sage is used: Alcohol domest and sign separately and take two ounces of each liquid, then add the alcohol.

Snarls in a Switch

Dear Mrs. Symes.

Can you tell me what to do with a switch which I washed unsuccessfully? It is such a mass of suaris, and is so hard I would like to know what would soften it.

To remove the sharis from your switch, hold it firmly in one band, count it carefully, starting from the bottom and working upward. To soften its switch, apply the brilliantine for walk I here give the recipe:

Brilliantine for Hair,

Sweet almond off 4 fluit opino. Alcahol 4 fluit fluor occupants of the fluor occupants of the fluor occupants of the fluor occupants of the fluor occupants occupant